

Does Step Count Feedback Enhance Counseling for Weight Loss?

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Site P.I.:

Key Study Components:

- ☐ **Recruitment goal: 300 patients from 6 VAMC's**
- ☐ **Participants will record step counts by wearing pedometers or record minutes walking for over approximately 6 months**
- ☐ **Registered Dieticians will incorporate physical activity counseling (with or without pedometer use) and nutritional counseling to encourage gradual activity increases and weight loss among eligible patients**

Brief Initial Eligibility Criteria:

- 1. Patient is newly referred from a VA physician for one of the following diagnoses:**
 - (1) Diabetes**
 - (2) Coronary artery disease**
 - (3) Hypercholesterolemia**
 - (4) Hypertension**
 - (5) Obesity**
- 2. Patient is ambulatory and able to comfortably walk at least one block**
- 3. The patient has a BMI of 28 or greater**

A more comprehensive eligibility screening will be conducted with each potential subject by the Site Coordinator prior to enrollment into the study.